



Meatballs with Cream Sauce, Potato Puree and Lingonberry Jam pt1

Gaggenau Appliances: Induction or gas cooktop,
(optional: combi-steam oven)
Serves 4 – 6

These flavorful meatballs remind Chef Bengtsson of when she would watch her mom and grandma in the kitchen making this family staple growing up. Here, she shares her recipe which pairs a luscious cream sauce made with veal stock with antioxidant-rich lingonberry jam and creamy potatoes in a traditional dish that is anything but ordinary. A tip from Chef – use real butter!

For the meatballs:

- ½ tsp ground allspice
- ¼ tsp freshly ground black pepper
- ½ tsp salt
- 2 oz (60g) heavy cream
- 1 oz (30g) milk
- 2 oz (75g) breadcrumbs
- 2 tbsp (0g) whole grain mustard
- 1 large egg
- 1 lb (455g) ground beef
- 1 lb (455g) ground pork
- 4 tbsp (60g) butter, for searing

For the cream sauce:

- 1 qt veal stock
- 1 qt heavy cream
- 2 tbsp lingonberry jam

For the meatballs:

Mix the spices with the cream, milk, breadcrumbs, mustard and egg and set aside to soak for 10 minutes. Mix in the ground beef and pork, roll a small amount in a ball and fry to test the seasoning before continuing. Adjust the seasoning if needed.

Scoop the mixture into heaping 1 tbsp balls and place on a parchment lined baking sheet. Refrigerate for 1 hour prior to searing so they hold their shape.

When ready to serve, heat a large skillet adding the butter to the pan when the skillet has heated. Induction, use the Pan Searing mode to heat the pan, then adjust the temperature to level 8 for searing. Gas cooktops heat the pan on level 6 and increase the temperature to sear on level 8.

For the cream sauce:

Reduce the veal stock by half, add the heavy cream and reduce to 1/3rd. Allow approximately 20 minutes, using level 6.5 Induction and level 6 Gas cooktop.

Add the lingonberries, and continue reducing for another 15 minutes. Strain the sauce through a chinois or a fine metal strainer and season with salt and pepper.

Continued in pt 2 ▶

Meatballs with Cream Sauce, Potato Puree and Lingonberry Jam pt2

For the potato puree:

2 lb Yukon gold potatoes, roughly chopped
8 oz unsalted butter
16 fl oz milk
Salt to taste

For the pickled cucumber:

2 Persian cucumber
3 tsp salt
1 oz (30g) granulated sugar
1 oz (30g) white wine vinegar
1 oz (30g) water

For the potato puree:

Place the potatoes in a saucepan, cover with cold water and boil until soft. Induction level 7, Gas level 7. Approximately 15 minutes. Alternatively, the potatoes can be steamed in the Combi-steam oven. Heat the oven in the 100% Humidity, 212° F mode, place the potatoes in the solid pan and add ½ cup of water and a pinch of salt. Cook for 15 - 20 minutes until the potatoes are very tender and drain before continuing.

Allow the steam to dissipate from the potatoes then pass them through a food mill or strainer. Add the butter and half of the milk, season with salt and pepper and set aside for 10 minutes. Check the consistency again and add more liquid as needed.

For the pickled cucumber:

Wash the cucumber and cut into thin slices. Combine with the remaining ingredients, cover and refrigerate until needed.

Scoop a heaping serving of the potato puree into a warm bowl, nestle 5 - 6 meatballs in the potatoes, spoon a generous amount of sauce over the meatballs and garnish with a dab of lingonberry jam and the pickled cucumbers.